

**PARTICIPATE
AT
RICHMOND**

**WEDNESDAY
OCTOBER 8, 2008**

The Richmond Educating Healthy Kids Team is sponsoring the annual Richmond Walk Your Child to School Day!

We invite you to join your child in walking to school to celebrate healthy lifestyles, practice safe walking routes, and enjoy the fresh air.

Our special guest "officials" will be Mr. Shane Tassoul from Champions Martial Arts, members from the Appleton East Football Team and members of the Appleton East Cheerleading Team.

Students will have the opportunity to purchase raffle tickets (25 cents) to walk to with a special "celebrity"—Mrs. Hooper, Mrs. Buss, Mrs. Schmidt, Mrs. Cornell, an Appleton East Patriot Football Player, or an Appleton East Patriot Cheerleader.

We are encouraging the wearing of Richmond Red or Richmond apparel to show Richmond school spirit!

Parents, adults and students walking to school together will have their picture taken at a special booth on the Richmond campus.

A special healthy breakfast bar treat and fresh apples will be provided to all parents and students walking together at the "Walk Your Child to School Day" table.



The Richmond Healthy School Recognition Celebration Ceremony will follow the Walk Your Child to School Day event at 8:45 AM. Check your Mailgram for your special invitation.

Let's Get Moving



The Richmond Health and Wellness
Club members present to you a winter
break activity book.



*It is important if you have never exercised or infrequently
exercise that you consult with your physician before you begin
these activities. This is especially important if you have any type
of medical condition.*

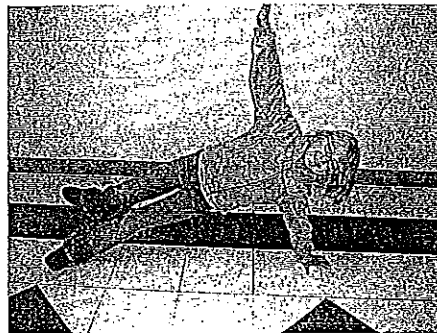
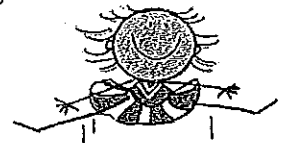


Jumping Jacks

Jump with Hands over head and feet split apart.

Try to do 15 Jumping Jacks

Rah!



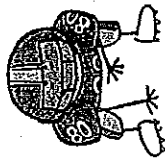
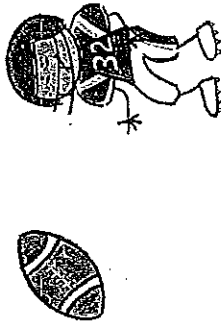
Y Full body Stretch

Make a Y with your legs. Balance on one arm. Switch arms and balance.

Hold for 10-20 seconds on each side



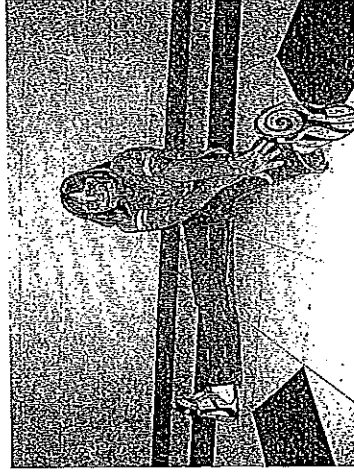
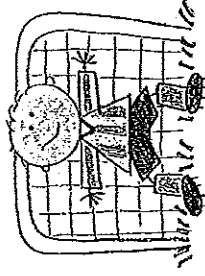
T Balance
 Make a T with your body.
 Balance on one arm.
 Switch arms and balance on other side.
 Hold balance for 10-20 seconds



Curl Ups
 Curl body up; reach hands to heels.
 Tip: Do not swing arms for momentum
 Challenge family member to 30 seconds of curl ups or to reach a certain number.



Push Ups
 Hands Shoulder Width Apart.
 Lower chest to the floor and up.
 Option: Kneel if necessary



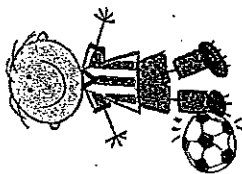
Flexibility Stretching
 Legs make a V in front of your body. Keep legs flat on the ground.
 Slowly stretch and reach arms toward toes for 10-20 seconds.

The Side Plank

Hold position steady with straight body.

Switch sides

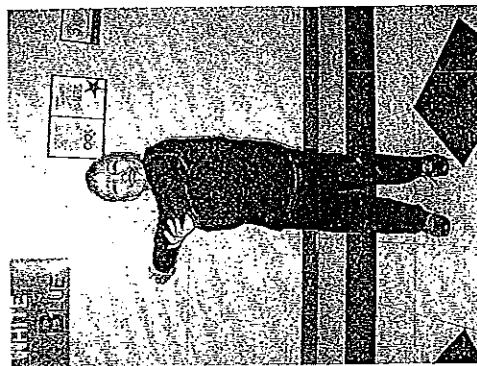
Hold position for 10-20 seconds.



Stretching Upper Body

Pull one arm across your body and push it up with your other arm.

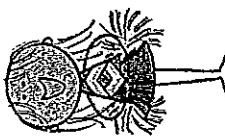
Hold stretch for 10-20 seconds.



Pike flexibility stretch

Legs straight out in front of you.
Toes point to the ceiling.
Reach out to your feet as far as you can.

Tip: Keep legs flat on the floor.

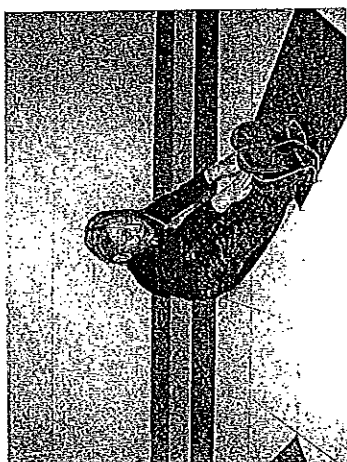


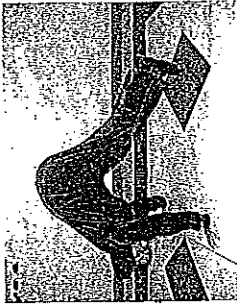
V-Sit Balance

Lie down on back

Bring up your arms and feet into a V shape.

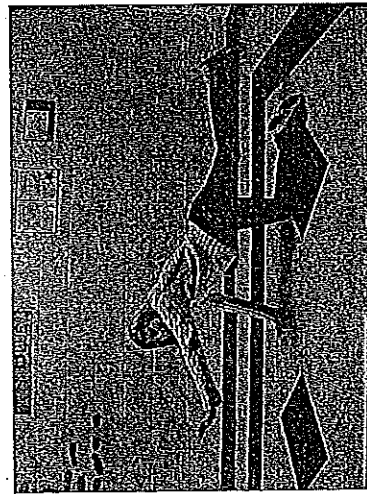
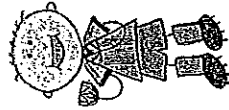
Balance for 10-20 seconds.





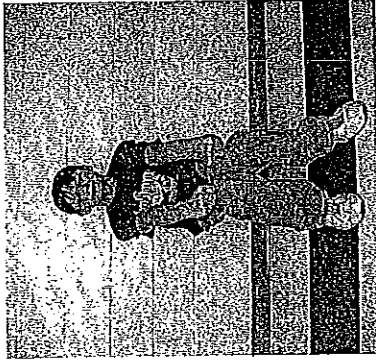
The Mule Kick

Balance on hands
Kick both feet up behind you.



Red Rover

Opposite arm and leg
extended
Switch arms and legs
Hold position for 5 seconds
Alternate sides



Wall Sit

Lean back against wall in
squat position.
Hold for 20-30 seconds

Option: Stop halfway down
wall if fatigued.

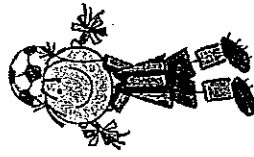
Tip: Don't allow knees to go
over toes. Try to keep a 90
degree angle.

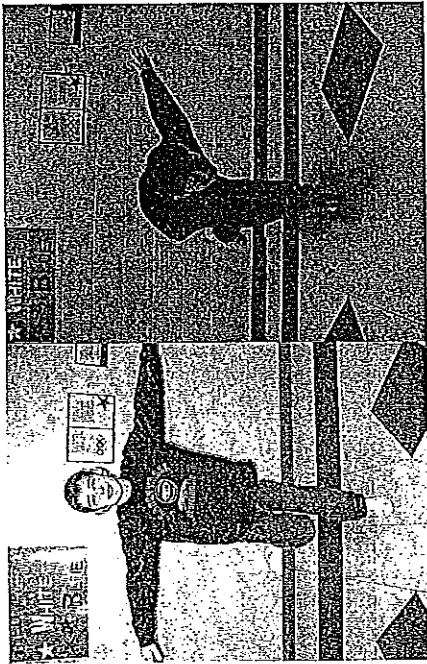


The Side Step

Step to one side into a squat position. Hold
position for 10-20 seconds.

Back to start and alternate sides

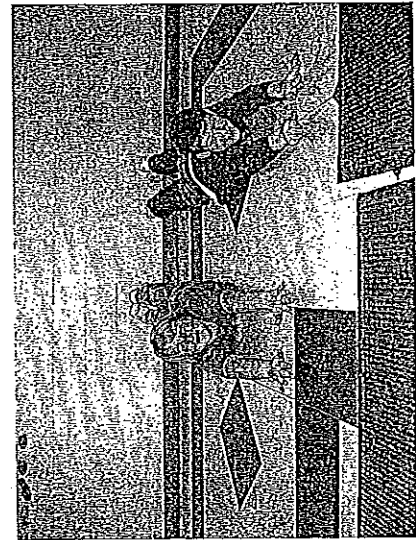
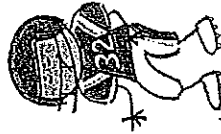




Walk the tightrope

Stand on one foot with arms to sides
Reach down to touch opposite toe
Alternate sides.

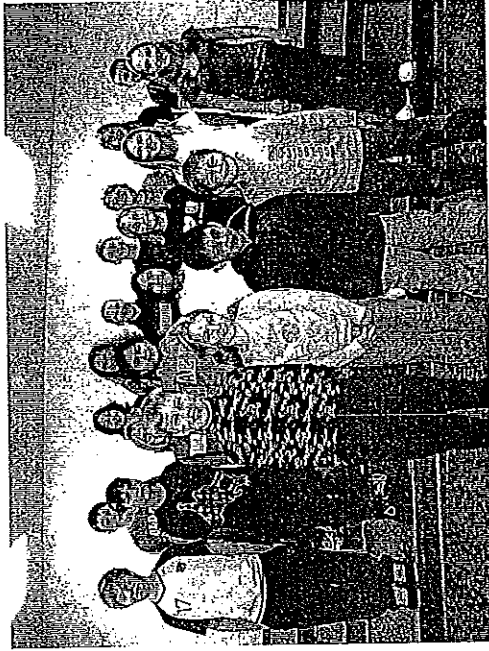
Tip: Try not to let opposite foot touch the ground as you are lowering to touch foot.



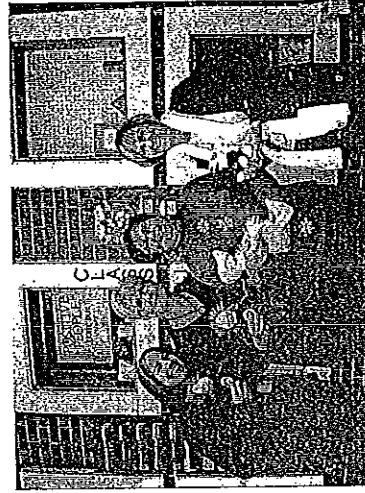
Superman Pose

Lie down on stomach
Hold up arms and feet off of
the floor at the same time.

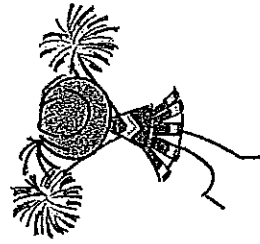
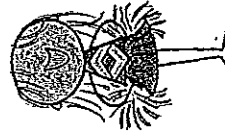
Hold position for 10-30
seconds.



Members: Julia Brinkman, Luis Vargas, Maxwell Schlitz, Sierra Schiermeister, Abi Holloway, Brandon Pack, Allison Burns, Tania Hernandez, Alondra Cardenas, Jacob Ortman, Josh Cox, Courtney Brighum, Alix St. Germaine, Drew Handstedt, Kayleigh Poss, Marissa Weber, Maddie Durie, Levi Cross, Mason Michalkiewicz.






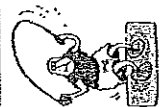

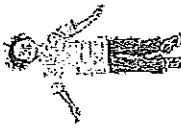
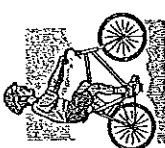
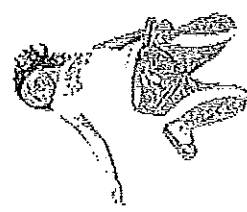

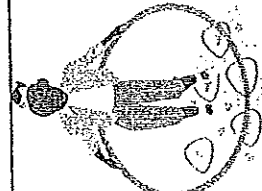
Supervisors: Mrs. Buss, Mrs. Jacobsen, Mrs. Schultz, and Mrs. Schroeder.





February 2009

Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lay down strips of paper. Jump over the paper strips and count 50 jumps.	2 Create a bridge of pillows. Crawl fast under the bridge like a lizard.	3 Find a step or porch. Jump up and jump back down, counting 100 jumps.	4 Practice throwing a soft ball outside as hard as you can throw. Do 28 throws, one for each day in February.	5 Run around the outside of your house. When you get back to the start, do five push-ups. Repeat.	6 Practice playing catch with a friend using a sock ball. 	7 Stand beside a wall. Slide across a room or large outdoor space to the other side and return.
8 Do jumping jacks as you count to 50. 	9 Climb something today—a play structure, tree, or stairs.	10 Jog around the playground at school five times. 	11 Using a soft ball, strike the ball back and forth with an adult.	12 Gallop to the corner of your yard. Now gallop to all four corners.	13 Put on some music and dance-wave your hands really hard while you dance. Feel your heart beat fast!	14 Go for a neighborhood power walk with your family. Got snow? Go sleigh riding.
15 Spin around and around on your seat-count 20 spins. Now go the other way.	16 Leap through a doorway-turn around and keep leaping until you make 20 leaps.	17 Jump backwards across the playground at school.	18 Jump rope today-can you jump 100 times? 	19 Hop alongside the fence of the playground at school. Change feet when you get tired. Remember, hopping is on one foot. Go all the way around.	20 Hula hoop today. 	21 Bounce up and down like a tennis ball. 
22 Try to strike a balloon or ball up and keep it up for 50 strikes. How many can you do without stopping?	23 Dribble a ball and keep switching hands as you bounce. Bounce the ball 100 times.	24 Hop everywhere you go today during recess.	25 Ride your bike for 15 min. No bike? Jog instead. 	26 Slide back and forth across your yard.	27 Pretend you are on a pogo stick and bounce for 50 bounces.	28 Dance outside so that you cover every bit of your yard with dance.
		<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.</p>				February is American Heart Month. Try and do some cardio activity every day for a healthy heart!



March 2009

Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 March Madness Week! Practice foul shooting today for 50 tries. How many baskets can you make?</p>	<p>2 Practice running across the playground and back as fast as you can. This is sprinting.</p>	<p>3 Walk around and dribble a ball at the same time. Can you cross over from hand to hand?</p>	<p>4 Shoot some hoops with a friend. How many baskets can you make out of 50 tries? Any kind of shot.</p>	<p>5 Jog around the playground, dribbling a ball as you go.</p>	<p>6 Practice passing a ball to a friend for 50 passes. Can you catch every pass?</p>	<p>7 Dribble a ball 25 times today. Practice this a few times, using your dominant hand, then your non-dominant hand. Try crossing over.</p>
<p>8 Play tag today with family and friends. Take turns playing everybody's favorite games</p>	<p>9 Do ten crunches—this group of exercise is called a set. Do ten sets of crunches today.</p>	<p>10 Place some music. Use your body to show the way the music makes you feel.</p>	<p>11 Pretend you are a balloon floating around the house. Dance with your arms and legs.</p>	<p>12 Skipping fun: skip in a circle shape, skip with hands on hips, skip and twist at the same time.</p>	<p>13 Hop around the house on one foot—how many hops before your get tired? Switch feet and do it again.</p>	<p>14 Practice jumping in a zig-zag pattern today—inside and outside.</p>
<p>15 Spring weather! Run outside today—run fast, run in different pathways, run around the outside of your house.</p>	<p>16 Use your body to make different shapes—circle, oval, narrow, wide, twisted, square, rectangle—try new shapes.</p>	<p>17 Practice balance today. Balance on one body part as the base. Try two bases; now three different bases. Try different parts.</p>	<p>18 Pretend one foot is glued to the floor. Can you stretch high? Can you bend side to side? What else can you do without moving that one foot?</p>	<p>19 Jump rope today. Count to 100 jumps and rest. Can you do 200 jumps? 300 jumps? Wow!</p>	<p>20 Practice throwing and catching today with a friend. How many catches can you make?</p>	<p>21 Spring cleanup! Work with your family to clean up the yard. Push the wheelbarrow, pick up leaves and twigs.</p>
<p>22 Go for a spring hike today with your family. In the city? Urban hiking means you explore the city by walking.</p>	<p>23 Practice striking a ball with a bat today. Play with a friend and take turns fielding.</p>	<p>24 Practice throwing a Frisbee® at targets—outside. Use baskets, chairs, or trees as your targets.</p>	<p>25 Playground races today. Run ten races with your friends. Walk around after the races to cool down.</p>	<p>26 Get out a favorite action book and act out all the activity in the book.</p>	<p>27 Make up a dance today—teach it to a grownup and play music that makes it even more fun!</p>	<p>28 Practice push-ups today. Can you do ten? Try doing one more every time you practice.</p>
<p>29 Can you dribble a ball with your feet? Try dribbling around the yard and keeping control of the ball.</p>	<p>30 Do your spring fever dance today! Nice weather is coming, so get outside and play to make your heart beat fast!</p>	<p>31 Blow up a balloon and bounce the balloon off of five different body parts. Strike the balloon up fifty times with each part.</p>	<p>Visit the Fruits & Veggies-More Matters™ website at http://www.fruitsandveggiesmatter.gov/</p>	<p>Celebrate March Madness by playing basketball this month!</p>	<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.</p>	

Healthy Kids at Richmond!

March 5, 2009



EATING BREAKFAST HELPS!

A nutritious breakfast is essential for the growth and development of your child.



Breakfast give your child the boost they need to stimulate leaning.

- Improved memory
- Better math and reading scores
- Participate in class more often
- Behave better
- Attendance improves
- The visit the school nurse less often.

When the physical need of hunger is taken care of, children can focus on learning and perform better in school, not only educationally but socially and emotionally as well.

NEED IDEAS FOR BREAKFAST?

Just like with other meals, try to eat a variety of foods, including:

- grains (breads and cereals)
- protein (meats, beans, and nuts)
- fruits and vegetables
- milk, cheese, and yogurt

Here are some breakfast ideas. First, the traditional ones:

- eggs
- French toast, waffles, or pancakes (try wheat or whole-grain varieties)
- cold cereal and milk
- hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top)
- whole-grain toast, bagel, or English muffin with cheese
- yogurt with fruit or nuts

And now some weird (but yummy) ones:

- banana dog (peanut butter, a banana, and raisins in a long whole-grain bun)
- breakfast taco (shredded cheese on a tortilla, folded in half and microwaved; top with salsa)
- country cottage cheese (apple butter mixed with cottage cheese)
- fruit and cream cheese sandwich (use strawberries or other fresh fruit)
- sandwich - grilled cheese, peanut butter and jelly, or another favorite
- leftovers (they're not just for dinner anymore!)

TOO BUSY FOR BREAKFAST?

The night before, set out some easy-to-fix breakfast foods. (Kids learn better on a full stomach.) Cereal, muffins, toast, or yogurt are all good choices. A peanut butter-and-jelly sandwich will do when kids are in a hurry.

GRAPEFRUIT FOR BREAKFAST

1. Cut the grapefruit in half
2. Score out the sections
3. Sprinkle it with cinnamon
4. Bake it at 375 F for 15-20 minutes.

A great chilly morning treat!!



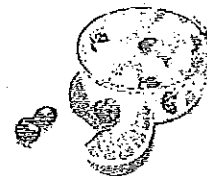
TANGY FRUIT SALAD

Ingredients:

- 1 grapefruit, peeled & sliced
- 1 orange, peeled and sliced
- 1 cup grapes
- 1 banana, sliced
- 1 cup low-fat vanilla yogurt

Directions:

1. Combine all ingredients in a medium bowl.
2. Enjoy!



SNACKS MADE HEALTHY



Cinnamon Chips

Ingredients:

4 flour tortillas (6- to 8-inch size)

1/4 cup sugar

1 teaspoon cinnamon

Instructions:

1. Preheat oven to 350 degrees.
2. Cut each tortilla into 8 strips.
3. Spray baking sheet with cooking spray and place tortilla strips on baking sheet.
4. Spray tortilla strips lightly with cooking spray.
5. Combine sugar and cinnamon in small mixing bowl and sprinkle lightly on tortilla strips.
6. Bake 7 to 10 minutes or until lightly brown.

4 Servings

*Source: www.kidsacookin.org

HELPFUL TIPS FOR PARENTS

There are a number of ways parents can help their children reach the goals for physical activity recommended by the National Association for Sport and Physical Education (NASPE), so that they will lead a healthful life. The key is to get them moving. Many of the activities in our daily lives, from transportation to entertainment, are sedentary in nature, which has led to a decline in spontaneous movement. This means that over time our natural expenditure of calories has decreased, which can add up. Often, the focus for many families is on increasing the number of scheduled activities, and while this may be of help for some kids, it's important to weave all kinds of physical activity into daily life.

Get the Whole Family Moving: This is a great way to encourage physical activity. Not only will a group effort provide an opportunity to improve the health of all family members but can provide an opportunity to spend

quality time together. It also allows you, as a parent, to serve as a model. Some suggestions include:

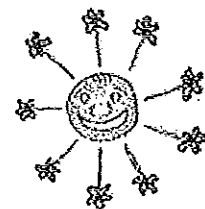
- Walk the dog together.
- Go on a bicycle ride or a hike.
- Play Frisbee, badminton or croquet in the park or backyard.
- Play a game of football or soccer that pits one half of the family against the other.
- Teach your child games you played as a child, such as stickball, red-light-green-light, and red rover. These games can be played anywhere there is some open space: a park, sidewalk, or empty parking lot.
- Visit your community recreation center or the local pool.
- Park the car further away in a parking lot so that everyone walks a little more.
- Walk to the grocery store, if you only need a few things.
- Take the stairs instead of the escalator at the mall.
- Walk to and from school.
- Walk to visit a friend.

By choosing more active options in our daily life over sedentary ones, we can increase physical activity without even noticing. In addition, with safety as a major concern for parents today, joining your children (or ensuring they have a responsible escort) provides a secure opportunity for activity.

By Gina Cortese

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."

Joseph Addison



Nutrition Nuggets

Food and Fitness for a Healthy Child

Richmond Elementary School
Ms. Bobbie Schmidt, Principal



Know their BMI

Find out your child's Body Mass Index. That's the number that measures height against weight and lets you know if your youngster is at a healthy weight. You can use the parent-friendly online tool at <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>, or ask your pediatrician to figure it out at your child's next visit.

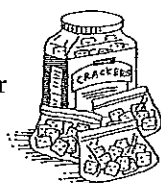


No obstacle

For some fun exercise, help your youngster build an obstacle course. Use empty cereal boxes to scoot around, a table to crawl under, a large cardboard box to wiggle through, and a pile of pillows to dive into. The key? Create obstacles for your child to go over, under, through, and around.

Single servings

Keep portable snacks handy—and hold your food budget down—by buying items in bulk and making your own single-serve bags. Check portion sizes on nutrition labels of cereal, baked crackers, or nuts, and fill zipper bags with one serving each. Then, your child can grab a nutritious snack quickly.



Just for fun

Q: What did the teddy bear say when he was offered dessert?

A: No, thanks. I'm stuffed!



A good start

Did you know that breakfast is the most important meal of your child's day? It provides the nutrients and energy he needs to concentrate in school. Research even shows that kids who eat breakfast get better grades, pay more attention in class, and behave better. Help your youngster begin his day on the right foot.

Make time

Set the alarm to allow 10–15 unhurried minutes for breakfast. Suggest several healthy breakfast items, and let your child choose. **Tip:** If your youngster doesn't like to make decisions first thing in the morning, give him breakfast choices the night before.

Make it healthy

Give your child a mix of protein (such as milk, eggs, cheese, or meat) and carbohydrates (whole-grain cereal, fruit, or whole-wheat bread). The carbohydrates boost energy and help your child jump-start his day, while the protein keeps his body going strong until lunchtime.

Make it kid-friendly

These quick breakfasts are sure to bring an early-morning smile to your youngster's face:

🍳 **Egg in a Basket:** Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole-wheat bread, put the slice in the pan, and



crack an egg into the hole. Cook two minutes, flip, and cook until the egg is set and lightly browned.

🍷 **Waffle Wonder:** Toast a whole-grain frozen waffle. Put sliced strawberries around the edge and fill with a handful of blueberries. Serve with a side of low-fat flavored cottage cheese or yogurt.

Family meals

Do your kids rush through dinner and bolt from the table? Try these ideas to build quality family time into your dinner hour.

Keep the conversation light. Focus on the events of the day or fun weekend plans ahead. Of course, praising your children for a job well done at school or home is always welcome!

Take turns. Ask each person to tell one interesting thing he or she learned during the day. That includes you, too. You might mention something you read in the newspaper or learned about at work.

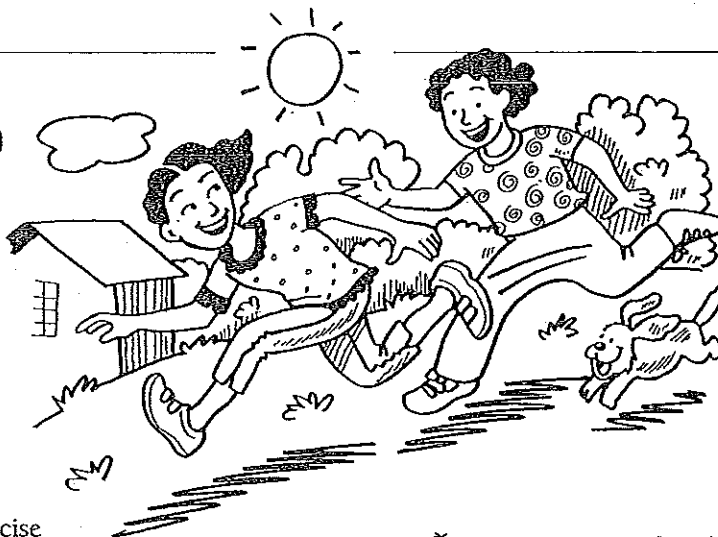
Play a game. Try the "name game." Start with the name of someone famous (George Washington). Go around the table, taking turns calling out another well-known person or character with the same first or last name (Curious George, George Washington Carver).



It all adds up

Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day—small amounts of time will add up! In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into your child's routine:

- Have her invite friends over for a backyard game of tag or capture the flag.



- Suggest that she jump rope for 10 minutes.
- Put on some music, and dance to it.
- Bike together to the library or a friend's house. *Note:* For safety, use sidewalks and wear helmets.
- When you do errands together, park far from the store to encourage more walking time.

- Take the steps rather than the elevator when you're shopping or at the dentist.

Remember: Regular exercise will not only make your child healthier—it will help her sleep better at night and be in better shape to learn and play all day.

ACTIVITY CORNER

A walk a day

A daily family walk is a great way to get your child—and you—moving. Some families take a walk after dinner. Others plan a morning walk on the weekends. For parents who are home after school, that's often a great time to walk.

Figure out the best time for your family's schedule, and use the time to walk and talk—you'll be helping everyone get healthier, and you'll be spending special time together. Make the walk more fun by mixing it up: walk one block and skip for the next, or alternate walking fast and slow.

You can even sneak in some learning time on your walk. For example, have your child count how many trees you pass or read the signs along the way.



IN THE KITCHEN

Smoothie time

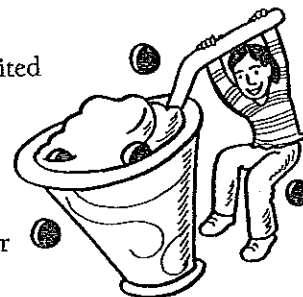
Here's a sure-fire way to get kids excited about eating healthfully. Toss fruit, a few ice cubes, yogurt, and juice into a blender, and mix until thick. With your supervision, your youngsters can even do it themselves! Try these combinations.

Red & White—4 strawberries, 1 banana, 1 container low-fat vanilla yogurt, 1 cup orange juice

Cool Blue—1½ cups fresh or frozen blueberries, 1 container low-fat blueberry yogurt, 1 cup 100% grape juice

Just Peachy—1 cut-up peach or 1 cup frozen peaches, 1 container low-fat peach yogurt, ¾ cup orange juice

Tip: Add a teaspoon of wheat bran (available at your grocery or health food store) to put fiber into your youngsters' treats.



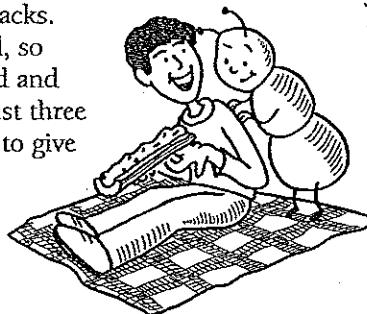
Q&A Too many snacks

Q: When my child comes home from school, he snacks all afternoon and then isn't hungry for dinner. How can I get him to change this habit?

A: You may be surprised to know that children actually need snacks. Their stomachs are small, so they can't get all the food and nutrients they need in just three meals a day. The trick is to give your youngster a snack that's both healthy and filling so he will be able to wait until dinnertime to eat again.

Try giving your child a choice of snacks when he comes home. Offer foods like microwave low-fat popcorn, string cheese and fruit, or "ants on a log" (peanut butter spread on celery stalks and covered with raisins).

Tip: If your youngster is in day care after school, find out when they serve the last snack of the day. Ask that your child not have one too close to your dinnertime.



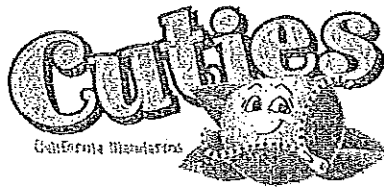
OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of Aspen Publishers, Inc.
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www.rfeonline.com

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ISSN 1935-4630



Ten Ways to Encourage Your Child to Choose Healthy Snacks

By Connie Evers, MS, RD

1. **Plan a snack adventure** - Involve your child in snack planning, shopping for ingredients and simple food preparation activities. Partner with your child to devise a healthy snack list that includes foods from all five food groups. Keep the list posted on the refrigerator as a reminder.
2. **Keep snacks at eye level** - When your child walks into the kitchen, what catches her eye? Make sure to have a bowl of Cuties and other appetizing fruit on the kitchen counter.
3. **Pack their bags** - Make sure your child has plenty of healthy grab-n-go snacks in his/her backpack. Sweet and juicy Cuties are a favorite with kids.
4. **Make faces** - Encourage your child to "make faces" with his food by arranging Cuties sections, cut-up fruit and vegetable strips on open faced peanut butter sandwiches, whole grain waffles, burritos or mini-pizzas.
5. **Eat a rainbow** - Challenge your child to "eat a rainbow" of fruits and vegetables. When shopping with your child, make it a game to find produce that is red, green, blue/purple, orange, brown and white. When you get home, use the foods you purchased to prepare a colorful snack together.
6. **Homework Helper** - In the late afternoon (when kids are super hungry), set out fruit and veggies nearby the children as they work on their homework. Include foods such as easy-to-peel Cuties, mini-sandwiches, and string cheese.
7. **Cure those pre-dinner hungries** - You *can* feed the 5:00 PM pre-dinner hungries with fresh, crunchy fruits and vegetables. Loaded with nutrition yet low in calories, fruits and veggies are an appetizer that won't spoil a child's appetite for dinner.
8. **Dip right in** - Surveys show that kids will eat more fruits and veggies if they are presented alongside a dip. Flavored yogurt is a natural dip for fresh fruit sections and chunks.
9. **Auto-snacking** - Hungry kids and traffic jams don't mix! Make sure to keep Cuties, water bottles, and trail mix stashed in your car for those times you can't get home right away. It will also decrease the temptation of pulling into the nearest fast food drive-through.
10. **Food as Fuel** - For an active child, emphasize that food is the fuel for sports, dance, active play or any kind of movement. Hungry muscles need healthy fuel to work at their best. Remind them that top athletes in all sports rely on healthy snacks for peak performance.

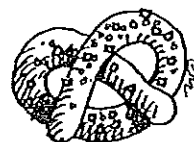
HEALTHY SNACKS FOR SCHOOL

Part of the creating a healthy learning environment involves the snacks you send to school with your children. The benefit of healthy snacking is to:

- Boost energy
- Curb appetite
- Help burn calories
- Help maintain mental function
- Maintain blood sugar levels
- Speed metabolism
- Supplement daily nutritional intake.

The key is to keep your snack choices nutritious and low-fat and train yourself to think of snacks not as special treats but as nutritious foods that you happen to eat between meals. With that in mind, here are some ideas:

- Fresh, easy to eat fruits and vegetables-You may want to send them already cut up in bite-size pieces.
- Whole-grain breads or bagels
- Whole-grain crackers and cheese
- Yogurt
- Dried fruit
- 1/2 a pita and peanut butter sandwich
- Pretzels
- Popcorn
- Trail mix with nuts and raisins
- Dry Unsweetened cereal
- Granola bars -Be careful! Many granola bars are high in both sugar and fat. Buy lower-fat varieties whose nuts, raisins, and grains can provide important nutrients without the unhealthy extras.



Portion size of the snack is important. It is only meant as a "snack" not a meal.

Source:Healing Foods®IMP AB. 2000. Snacking Healthy